



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01284, Yogurt, Greek, strawberry, lowfat

Report Date: July 05, 2017 00:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	76.81	9	0.044	76.4	77.5	5.0	76.703	76.924	1	Analytical or derived from analytical	--	05/2015
Energy	kcal	103	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Energy	kJ	432	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Protein ¹	g	8.17	9	0.057	7.83	8.54	6.0	8.031	8.312	1	Analytical or derived from analytical	--	05/2015
Total lipid (fat) ¹	g	2.57	9	0.053	1.5	3.1	5.0	2.436	2.705	1	Analytical or derived from analytical	--	05/2015
Ash ¹	g	0.56	9	0.021	0.43	0.63	6.0	0.506	0.611	1	Analytical or derived from analytical	--	05/2015
Carbohydrate, by difference	g	11.89	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Fiber, total dietary ¹	g	1.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Sugars, total ¹	g	11.23	6	0.095	10.84	12.1	3.0	10.892	11.561	1	Analytical or derived from analytical	--	05/2015

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Sucrose 1	g	4.43	6	0.080	3.58	6.59	2.0	4.097	4.759	1	Analytical or derived from analytical	--	05/2015
Glucose (dextrose) 1	g	0.54	6	0.047	0.18	1.29	2.0	0.357	0.717	1	Analytical or derived from analytical	--	05/2015
Fructose 1	g	3.36	6	0.030	1.12	4.2	2.0	3.243	3.484	1	Analytical or derived from analytical	--	05/2015
Lactose 1	g	2.37	6	0.038	2.25	2.67	4.0	2.264	2.48	1	Analytical or derived from analytical	--	05/2015
Maltose 1	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
Galactose 1	g	0.53	6	0.005	0.47	0.55	3.0	0.511	0.542	1	Analytical or derived from analytical	--	05/2015
Starch 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
Minerals													
Calcium, Ca 1	mg	88	9	0.871	82	96	6.0	86.275	90.486	1	Analytical or derived from analytical	--	05/2015
Iron, Fe 1	mg	0.07	9	0.002	0.06	0.08	6.0	0.06	0.072	1	Analytical or derived from analytical	--	05/2015
Magnesium, Mg 1	mg	10	9	0.085	9	10	6.0	9.738	10.152	1	Analytical or derived from analytical	--	05/2015

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Phosphorus, P 1	mg	109	9	0.818	106	113	6.0	107.436	111.478	1	Analytical or derived from analytical	--	05/2015
Potassium, K 1	mg	129	9	1.120	123	135	5.0	126.312	131.944	1	Analytical or derived from analytical	--	05/2015
Sodium, Na 1	mg	33	9	0.369	28	36	6.0	31.893	33.673	1	Analytical or derived from analytical	--	05/2015
Zinc, Zn 1	mg	0.41	9	0.007	0.35	0.5	6.0	0.396	0.431	1	Analytical or derived from analytical	--	05/2015
Copper, Cu 1	mg	0.019	9	0.001	0.01	0.02	7.0	0.016	0.021	1	Analytical or derived from analytical	--	05/2015
Manganese, Mn 1	mg	0.036	9	0.001	0.03	0.05	7.0	0.033	0.039	1	Analytical or derived from analytical	--	05/2015
Selenium, Se 1	µg	9.6	5	0.390	8.8	10.5	2.0	7.943	11.29	1	Analytical or derived from analytical	--	05/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	0.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Thiamin	mg	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Riboflavin 1	mg	0.235	5	0.028	0.18	0.3	2.0	0.118	0.353	1	Analytical or derived from analytical	--	05/2015

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Niacin 1	mg	0.205	5	0.003	0.18	0.21	1.0	0.172	0.237	1	Analytical or derived from analytical	--	05/2015
Pantothenic acid 1	mg	0.394	4	0.008	0.38	0.41	1.0	0.309	0.479	1	Analytical or derived from analytical	--	05/2015
Vitamin B-6 1	mg	0.049	5	0.001	0.05	0.05	3.0	0.047	0.052	1	Analytical or derived from analytical	--	05/2015
Folate, total	μg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Folate, food	μg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Folate, DFE	μg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Choline, total 2	mg	14.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Vitamin B-12 1	μg	0.50	4	0.056	0.28	0.64	1.0	-0.173	1.169	1	Analytical or derived from analytical	--	05/2015
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Vitamin A, RAE	μg	31	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Retinol	μg	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta 1	µg	7	2	--	5	8	--	--	--	1	Analytical or derived from analytical	--	05/2015
Carotene, alpha 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
Cryptoxanthin, beta 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
Vitamin A, IU	IU	111	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Lycopene 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
Lutein + zeaxanthin 1	µg	7	2	--	3	18	--	--	--	1	Analytical or derived from analytical	--	05/2015
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Vitamin D (D2 + D3)	µg	0.0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Vitamin D2 (ergocalciferol) 1	µg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
Vitamin D3 (cholecalciferol) 1	µg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D ¹	IU	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Lipids													
Fatty acids, total saturated	g	1.599	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
4:0 ¹	g	0.060	2	--	0.04	0.07	--	--	--	1	Analytical or derived from analytical	--	05/2015
6:0 ¹	g	0.046	2	--	0.03	0.05	--	--	--	1	Analytical or derived from analytical	--	05/2015
8:0 ¹	g	0.031	2	--	0.02	0.04	--	--	--	1	Analytical or derived from analytical	--	05/2015
10:0 ¹	g	0.084	2	--	0.06	0.09	--	--	--	1	Analytical or derived from analytical	--	05/2015
12:0 ¹	g	0.081	2	--	0.05	0.09	--	--	--	1	Analytical or derived from analytical	--	05/2015
14:0 ¹	g	0.254	2	--	0.14	0.29	--	--	--	1	Analytical or derived from analytical	--	05/2015
15:0 ¹	g	0.027	2	--	0.02	0.03	--	--	--	1	Analytical or derived from analytical	--	05/2015
16:0 ¹	g	0.746	2	--	0.42	0.86	--	--	--	1	Analytical or derived from analytical	--	05/2015

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17:0 ¹	g	0.017	2	--	0.01	0.02	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:0 ¹	g	0.250	2	--	0.15	0.28	--	--	--	1	Analytical or derived from analytical	--	05/2015
20:0 ¹	g	0.003	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
22:0 ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
24:0 ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
Fatty acids, total monounsaturated	g	0.650	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
14:1 ¹	g	0.025	2	--	0.01	0.03	--	--	--	1	Analytical or derived from analytical	--	05/2015
15:1 ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
16:1 undifferentiated ¹	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
16:1 c ¹	g	0.034	2	--	0.02	0.04	--	--	--	1	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 t ¹	g	0.008	2	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2015
17:1 ¹	g	0.005	2	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:1 undifferentiated ¹	g	0.573	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
18:1 c ¹	g	0.522	2	--	0.3	0.6	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:1 t ¹	g	0.052	2	--	0.03	0.06	--	--	--	1	Analytical or derived from analytical	--	05/2015
20:1 ¹	g	0.005	2	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2015
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
22:1 c ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
22:1 t ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
24:1 c ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.113	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
18:2 undifferentiated ¹	g	0.092	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
18:2 n-6 c,c ¹	g	0.067	2	--	0.04	0.08	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:2 CLAs ¹	g	0.011	2	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:2 t not further defined ¹	g	0.014	2	--	0.01	0.02	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:3 undifferentiated ¹	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.011	2	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:3 n-6 c,c,c ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:3i ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
18:4 ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
20:3 undifferentiated ¹	g	0.003	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2015
20:3 n-6 ¹	g	0.003	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
20:4 undifferentiated ¹	g	0.004	2	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2015
20:5 n-3 (EPA) ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
22:4 ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
22:5 n-3 (DPA) ¹	g	0.002	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
22:6 n-3 (DHA) ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
Fatty acids, total trans	g	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Fatty acids, total trans-monoenoic	g	0.059	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Cholesterol ¹	mg	12	2	--	8	13	--	--	--	1	Analytical or derived from analytical	--	05/2015

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Threonine	g	0.179	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Isoleucine	g	0.238	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Leucine	g	0.440	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Lysine	g	0.392	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Methionine	g	0.129	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Cystine	g	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Phenylalanine	g	0.238	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Tyrosine	g	0.221	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Valine	g	0.362	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.132	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Histidine	g	0.108	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Alanine	g	0.187	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Aspartic acid	g	0.347	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Glutamic acid	g	0.856	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Glycine	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Proline	g	0.518	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Serine	g	0.271	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015

Sources of Data¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD²Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

